

| | | | | | | | | | | | | | _ | | |
|------------------------------------|-----------------------------------|------------------------------|-----------------------------|-----------------------------------|----------------------------|-------|--------------------------|------------------|----------|---------------------------|---------------|---------------------------|---|--|--|
| W | ELDER | | SAFE OPERATING GUIDELINES 2 | | | | | | | | | | | | |
| | HA | ZARD POTEN | TIAL EVALUATION | | ERGONOMICS ASSESSMENT | | | | | | | | | | |
| | ■ Struc | k By | □Weather Conditions | ⊠Lifting | | LI | M F 🗵 Wa | lking L | M | F 🖾 Kneeling | L | м | Γ | | |
| | ⊠Struc | k Against | ⊠Hazardous Substand | e 🗵 Carrying | | LI | M F 🗵 Star | nding L | M | F I Hearing/Noise | L | м | T | | |
| | ⊠Slip/1 | rip/Fall | ⊠Electrical Hazards | □Reaching A | bove Shoulder | LI | M F □Sitti | ng L | M | F Climbing Stairs | L | м | | | |
| | ⊠Caug | ht In/Between | Dobstruction/Confine | d 🛛 🖾 Straight Pu | Illing | LI | M F □Crav | wling L | Μ | F Climbing Ladder | rs L | м | T | | |
| | ⊠Mate | rial Handling | 区 Equipment Operation | g 🛛 🖾 Pulling har | d over hand | LI | M F 🗵 Twi | sting L | M | F Simple Grasp | L | м | T | | |
| | HIRAC | | 1 2 3 4 | ⊠Dual Grasp | | LI | <mark>M F</mark> ⊠Pus | hing L | М | F Repeated Motio | on L | м | Τ | | |
| | | | | TRAINING RE | QUIREMENTS | | | | | | | | | | |
| GE | NERAL CAM | PUS | DEP | ARTMENT SPE | CIFIC | | | | SPEC | IALTY | | | | | |
| | | |) | | | | | A A A | | | | |) | | |
| Cal Maritime | EHS Pocket Guide | Emergency | Denartment | Authorized Driver | Ergonomics | | Basic | Marine Pro | ograms | T.S. Golden Bear | As Ide | | | | |
| I A O H | I A O H | Response Gui | de HIAOH | | RMI Prevention | | Aid/CPR/AED | I A C | | I A O H | | r <mark>minec</mark> O | | | |
| | | | INE UNLESS YOU HAV | | | | | 1 1 1 | | | | | | | |
| | | | PEF | SONAL PROTE | | ENT | | | | | | | | | |
| | | | | H | | | F | A | | (F) | | | | | |
| Eye | Foot | Hand | Hearing | Body | Head | Re | spiratory | Fal | I - | Face Shield | ОТ | HER | | | |
| Protection | Protection | Protectio | | Protection | Protection | | otection | Protec | | | | | | | |
| When exposed | When working | When hands | | When exposure | Where there is a | | May be | When the | | Face shield can | | | | | |
| to eye or face | in areas where | exposed to | | to: Intense heat, | potential for | | equired if | risk of fa | - | be used over | | | | | |
| hazards from | there is a | hazards such those from s | 0 | hot metals, | injury to the head from | | emoval of | from a h | - | the glasses if there is a | | | | | |
| flying particles, molten metal, | danger of foot injuries due to | absorption | 0 | other hot liquids Impacts from | falling objects | | ntaminants om the air | greater 4ft G | | presence of a lot | | | | | |
| liquid chemicals. | falling or rolling | · · | or higher over | materials that | and/or when | | bes not fall | 6ft CS | | of flying debris. | | | | | |
| acids or caustic | objects, or | substances | - | can cut, burn | there is a risk of | | below | 6ft M | | | | | | | |
| liquids, chemical | objects piercing | severe cuts | or shift. | Hazardous | impact to head | pe | ermissible | When wo | orking | | | | | | |
| gases or vapors, | the sole, or will | lacerations | ; | chemicals | | exp | osure level. | in confi | ined | | | | | | |
| or potentially | protect the | severe | | Or potentially | | | | spac | e | | | | | | |
| injurious light | affected | abrasions; | | infectious | | | | | | | | | | | |
| radiation | | punctures; chemical bur | | materials | | | | | | | | | | | |
| | IF CONI | DITIONS CHANG | GE: STOP WORK IMM | EDIATELY-REVIEW | WITH SUPERVISO | DR-DC | DCUMENT H | AZARD-RE | VIEW V | VITH SRM | | | | | |
| Ergonomic | (L) Low < | 2hrs (M) Modera | te 2-5hrs (F) Frequent >. | 5hrs per 8-hours | Training | (1) | Initial (A) An | nual Refres | her (O) | Occasion/Post Incide | nt (H) Ho | azard | | | |
| California State Univ | | demy | | Injury Illness Prever | tion Program | | | | | t # XXX-XXX | Page 1 | of 5 | | | |
| Satety & Ri | sk Management | | | - | - | | | R | evision: | 001- 01/2017 | | | _ | | |



| | | | GENERAL CAMPUS | S SA | FE OPERATING PROCEEDURES |
|----|--|-------------------------|--|----------------|---|
| | WORK DUTIE | S | HAZARD POTENTIAL | | HAZARD CONTROLS & PROTECTION MEASURES |
| 1 | Use of office equipment | | Electrocution, electrical shock, bruising and miscellaneous injuries | ék ék | Ensure all electrical equipment is properly grounded. (i.e. three prong electrical plugs) and in proper working order before using. Strictly follow all manufactures precautions and recommendations. DO NOT overload circuits by stringing multiple power strips (also known as daisy chaining) |
| 2 | Using ladders or step-ladders | 用 | Ladder collapsing; Slipping and falling from ladder | 命法 命法 命法 | Inspect ladder before use. Use ladder at proper height. Make sure the ladder in assembled, locked and on level ground. DO NOT exceed weight limit for ladder. DO NOT stand on the top or top rung of ladder and make sure a co-worker is holding ladder if any higher than a step-ladder. |
| 3 | Work Station | <u> </u> | Muscle-skeletal disorders, eye/body strain and fatigue | frie frie frie | Ensure workstation is ergonomically correct for the person using the workstation. Ensure proper lighting so that there isn't a glare in order to prevent eye strain. Review phone placement and accessories so that operator is sitting square and limiting excessive head/neck tilt in order to prevent neck strain |
| 4 | Office Furniture | | Falling objects | fer fer | Ensure all doors and drawers are fully secured. Do not overload shelves. Ensure bookcases are seismically strapped/secure to wall to prevent tipping over. |
| 5 | Walking in offices, buildings hallways and stairs | KS KK | Slips, trips and falls | AN AN | Ensure all walking and working surfaces have been properly maintained, properly lit, are free of debris and remove potential tripping hazards. Use handrails when using stairs. A Note: No opened toed footwear is allowed in food operations A Note: No opened toed footwear is allowed on T.S. Golden Bear |
| 6 | Campus Construction Activities | . . | Pedestrians knocking over ladders or lights or bumping into worker; pedestrians getting hit with equipment or falling tools, etc. | Rie Rie | Always be aware of surroundings. Stay away from construction zones. |
| 7 | Working outside in Weather | | Heat stroke, heat exhaustion, frostbite | 6ª | Dress appropriately for the weather, keep hydrated, and take necessary breaks when needed |
| 8 | Heaving lifting and reaching | $\overline{\mathbb{A}}$ | Overexertion, strains and sprains | લ્લે લેખે લેખે | Use proper lifting techniques, limit duration of repetitive motion. Always know your weight limit, lift with your legs, get help if needed. Use step ladders when lifting objects above shoulder height. |
| 9 | Campus | 次次 | Personal safety and security | 合居 合居 | Always be aware of your surroundings. Changing weather conditions can increase slip hazards throughout the campus |
| 10 | Operating university vehicles | | Motor vehicle accident, striking a pedestrian or bicyclist | An An An | Inspect vehicles before use. Use seat belts. Travel at safe speed for conditions. Stay alert for pedestrians, other vehicles, and objects in travel path. |

| California State University Maritime Academy Safety & Risk Management Document # XXX-XXX Revision: 001- 01/2017 Page 2 of | of 5 |
|---|-------------|
|---|-------------|



| | POSITION SPECIFIC SAFE OPERATING PROCEEDURES | | | | | | | | | | | |
|---|--|-----|---|-------------|---|--|--|--|--|--|--|--|
| | WORK DUT | IES | HAZARD POTENTIAL | | HAZARD CONTROLS & PROTECTION MEASURES | | | | | | | |
| 1 | Arc, TIG and MIG welding | | Burns, eye injuries, electric shock, inhalation of fumes, loud noise (pulses) fatigue, sparks, hot metal fragments, flying debris | Ŕĸ | Wear proper PPE gloves, apron, leather shoes and eye protection. Work in well – ventilated area. Make sure all electrical connections are properly grounded and dry. Wear hearing protection. Erect protection barrier. Have a fire watch | | | | | | | |
| 2 | Equipment Maintenance | | Electric shock, parts shooting and striking working, getting caught in equipment, cuts from sharps edges. | fre fre fre | Shut off any power source before working. Insulated tools are required when working on electrical system or equipment Wear appropriate PPE. | | | | | | | |
| 3 | Working with Power Tools | | Cuts, abrasive, electric shock, injury form flying debris, tripping over power cords, electrocution | êre êre | Wear goggles and dust musk if applicable. Keep cords away from work area. Keep tools in good condition. Inspect tools before use. Verify that guards are working properly. DO NOT put hand near blades. Make sure you have a good center of gravity and maintain control at all times | | | | | | | |
| 4 | Using hand tools | × | Cuts, pinches, smashes, punctures, severing fingers | Pie Pie Pie | Keeps tools in good conditions. Inspect before use. Wear safety glasses. Work away from yourself. Use normal caution required for all hand tools. | | | | | | | |
| 5 | Working on roofs | | Slipping and falling, high winds, getting stranded on roof if working alone | êk êk | Review fall protection requirements. Walk carefully not too close to the edge. If possible avoid working on really windy or wet/icy days. Keep doors propped open with a 2-way radio. | | | | | | | |
| 6 | Working around electricity | | Electric shock; electrocution | ₩. | Shut off power to work area. Use lock-out device to ensure power is not inadvertently switched on. Always test before beginning work to verify that power is off. Remove tools and other metals from body. If you must work with electricity on, wear safety glasses and leather gloves. Have coworker with you in case there is a problem. If work area is wet, clean up standing water before working with electricity; wear rubber boots and gloves. | | | | | | | |
| 7 | Using scaffolding | | Scaffold collapsing, slipping/tripping falling from scaffold | €k | Inspect before use. Ensure unit is assembled correctly. Ensure wheels, if applicable, are locked. Ensure footing are secured. Ensure planks are secured and pulled up or missing. | | | | | | | |
| 8 | Using ladders or step-ladders | К. | Ladder collapsing; Slipping and falling from ladder | ά.γ | Inspect ladder before use. Use ladder at proper height. Make sure the ladder in assembled, locked and on level ground. DO NOT exceed weight limit for ladder. DO NOT stand on the top or top rung of ladder and make sure a co-worker is holding ladder if any higher than a step-ladder. | | | | | | | |
| 9 | Working in mechanical rooms | | Explosions from gas lines, burns from steam, hot water lines, slipping on water oil, tripping over materials being stored and loud noises | ξ.» | Be aware of odors and evacuate if you smell gas. Be aware of your surroundings. Clean up and standing liquid on floor, walk carefully, wear earplugs as needed or required when noise exceeds PEL 85dBA/8hr. | | | | | | | |

| California State University Maritime Academy | Inium Illagos Descention Descent | Document # XXX-XXX | Daga 2 of F |
|--|-----------------------------------|------------------------|---------------------------|
| Safety & Risk Management | Injury Illness Prevention Program | Revision: 001- 01/2017 | Page 3 of 5 |



| | | | | .01 | |
|----|---|-------------------|---|----------------|--|
| 10 | Working in confined spaces | | Lack of oxygen or exposure to toxic or flammable gases | Ę. | Before working in confined area, verify that is safe to enter by performing air monitoring. Obtain confined space permit as required. While working always ventilate area using fan and continue to monitor air. Have at least one person outside confined space to monitor safety as outlined in permit required work. |
| 11 | Working with steam heat, hot water pipes | \$ ~- 0 | Severe burns, inhalation of steam | મંત્રું મંત્રુ | Whenever possible, shut off steam in work area several hours before beginning job. Look at gauges before beginning work to verify that they are working properly Be aware of steam leaks. Drain systems and/or pump before working on them. Release pressure slowly by nicking pipe. Pull out pump slowly and put a barrier between you and the pump to protect against steam and hot water. |
| 12 | Working with pneumatic parts | | Getting sprayed with hot or cold water, steam, refrigerates. Injuries from shooting parts | લ્લુ | Slowly open valves to release pressure and wear safety glasses |
| 13 | Storing or transporting compressed gas cylinders | \land | Explosion of compressed gas, rupture of valve | 6he | Do not allow cylinder valve or the regulators to come in contact with grease, oil or other lubricants. Always install a protective valve cover and secure cylinders to a stand or wall. Wear proper PPE |
| 14 | Soldering and brazing using oxygen/acetyle ne | | Explosion, burns, inhalation of fumes | Rie Rie Rie | Check hose connections for leaks prior to using, work in well ventilated areas. DO NOT solder around flammable materials. Wear proper PPE and burn away from yourself. Use correct solder for the job. Complete hot work permit and have a person standing by for fire watch |
| 15 | May work with materials containing asbestos | | Could cause possible health issues if inhaled or ingested | AN AN | Never disturb materials containing asbestos unless properly trained. Always use appropriate exposure control methods and wear designated PPE |
| 16 | | | | ₩. | |
| 17 | | | | fe. | |
| 18 | | | | £₽° | |
| 19 | | | | A. | |
| 20 | | | | € ⁸ | |

| California State University Maritime Academy Safety & Risk Management | Injury Illness Prevention Program | Document # XXX-XXX Revision: 001- 01/2017 | Page 4 of 5 |
|--|-----------------------------------|--|---------------------------|
| Salety & Risk Management | | Revision. 001- 01/2017 | |



| | COR | E EHS TRAINING REQUIREMENTS | | | | | | | ADDITIONAL NOTES |
|---|---|--------------------------------------|-------|-----|------|-------|--------|---------------------------|---|
| | | | I | Α | 0 | Н | Ēk | As a general rule, there | is Specific PPE is required for welding personnel and those |
| | | | I | Α | 0 | Н | | entering the welding she | op. In the event conditions require PPE, personnel will be |
| | | | | Α | 0 | Н | | relocated to designated | safe zones. |
| | | | I | Α | 0 | H | Å. | Personnel assigned to the | ne T.S. Golden Bear will be required to wear sturdy, closed toed |
| | | | | | 0 | Н | | shoes. | |
| | | | I | Α | 0 |) Н | ž. | | |
| | | Basic First Aid /CPR/AED | Re | com | men | ded | | | |
| | | IF CONDITIONS CHANGE: STOP WO | RK II | MM | EDIA | TELY | -REV | IEW WITH SUPERVISOR-E | DOCUMENT HAZARD-REVIEW WITH SRM |
| | E | EMERGENCY RESPONSE | | | | | | | HOUSEKEEPING & SECURITY |
| 1 | First Aid Kit | Located in buildings | | | : | 1 | Is the | e work area/site Clean? | Ensure work area is clean daily and that any hazardous materials are properly disposed of daily |
| 2 | AED | Located in all main buildings | | | | | Is the | e work area/site | Ensure lights are turned off and building is locked upon exiting |
| | | | | | ' | 2 | Secu | re? | work for the day. |
| 3 | 3 Emergency phone Campus Police- 707-654-1111 or 911 | | | | 2 | | | | |
| 4 | 4 Evacuation TBD based on Facility & Emergency | | | | | 5 | | | |
| | REMINDER: IMME | DIATELY REPORT ALL INCIDENTS, RE | GAR | DLE | SS O | F SE\ | VERIT | Y, TO YOUR SUPERVISOR | AND THE DEPARTMENT OF SAFETY & RISK MANAGEMENT. |

| California State University Maritime Academy | Injury Illness Prevention Program | Document # XXX-XXX | Page 5 of 5 |
|--|-----------------------------------|------------------------|---------------------------|
| Safety & Risk Management | injury inness revention riogram | Revision: 001- 01/2017 | |
| | | | |